

**Scituate Recreation**  
**~CATCH THE SCITUATE SPIRIT~**  
**Winter Program 2017**

**Online Registration**

**[www.scituatema.gov/recreation-department](http://www.scituatema.gov/recreation-department)**



Scituate Recreation Department  
Town Hall  
600 Chief Justice Cushing Highway  
Scituate, MA 02066

Non-Profit Org.  
U.S. Postage  
PAID  
Scituate, MA  
Permit No.56

**ECRWSS**  
**RESIDENTIAL CUSTOMER**  
**SCITUATE, MASSACHUSETTS**

**TOWN OF SCITUATE RECREATION DEPARTMENT**



MAIL: 600 Chief Justice Cushing Hwy.  
Scituate, MA 02066  
OFFICE: Jenkins Elementary School - 2nd Floor  
54 Vinal Ave. Scituate, MA 02066

Monday-Thursday, 8:30 am - 4:30 pm  
Friday, 8:30am - 11:45 am  
Phone: 781-545-8738  
Fax: 781-545-6990

### RECREATION STAFF

Maura Glancy, **Director**  
Nick Lombardo, **Assistant Director**  
Anne Vegnani, **Field Coordinator**  
Allison Richman, **Registrar**  
Eric Donovan, Caitlin Fitzmaurice, **Office Staff**

### RECREATION COMMISSION

Dave Smith, **Chairman**  
Jennifer McMellen, **Vice Chairman**  
Jaqueline Carr Comerford, **Secretary**  
Allen Kazlousky, Dan Fennelly  
**Associate Members:** Brian Stewart,  
Jay Murray **Selectmen Liaison:**  
Shawn Harris, Tony Vegnani

### POLICIES AND PROCEDURES

- WINTER PROGRAM REGISTRATION OPENS Tuesday, November 29 – 12:00pm at [WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT](http://WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT)
- PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration. However; there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.
- 1) Mail-in registrations for residents will be accepted starting Wednesday, November 30 – 12:00pm. Check or money order should be made payable to Town of Scituate. Please include a signed waiver form if you're mailing in a registration check.
- 2) When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins. If this is a problem, please call and make an appointment to work out a payment plan.
- 3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
- 4) REFUND POLICY: If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your recreation account minus \$15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.
- 5) All fees are payable in advance to Town of Scituate. A person is registered ONLY when they have registered online or with check or cash received in the Recreation Office.
- 6) No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
- 7) Need financial assistance...Just ask!
- 8) Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
- 9) Registration for non-residents will open Tuesday, December 6 – 12:00pm. Non-residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
- 10) The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.



***DON'T FORGET!***

**We're now  
located at Jenkins  
Elementary School  
(2<sup>nd</sup> Floor),  
54 Vinal Ave**

# CHILDREN'S PROGRAMS

**LITTLE PEOPLE PRESCHOOL PROGRAM (Ages 2-3): Little People Room at Jenkins Elementary.** The Little People program has been offered for over twenty three years! This is a great opportunity for friendships to evolve as children ages 2-3, along with a parent or caregiver, share in music dance, arts & crafts, as well as unstructured play. Instructors: Kelly Lee, Kelly Arevian. 10 weeks (NO CLASS 1/16, 2/20, 2/23). FEE: \$112. [Monday sessions: Jan. 9 – March 27 --- 9:15am – 10:30am / 11:00am-12:15pm](#)  
[Thursday sessions: Jan. 12 – Mar. 23 --- 9:15am – 10:30am / 11:00am-12:15pm](#)

**LITERATURE 4 LITTLES (Ages 3-5): Little People Room at Jenkins Elementary.** NEW!! A drop-off opportunity. Does your child enjoy sitting for stories? Are they comfortable in a drop-off situation? A literary exploration via center-based play for your child. In the 90 minutes, we will read a preschool classic and have center-based activities (craft; music; interactive play) which will allow an increased comprehension of that particular book's theme. A new classic preschool book per week for the 9 weeks. Max 12 kids with two instructors. Instructor: Colleen Bonner, former preschool and kindergarten teacher, along with an assistant. 9 weeks (NO CLASS 2/21, 2/22). FEE: \$175  
[Tuesday session: Jan. 10 – Mar. 14 --- 9:00am – 10:30am / Wednesday session: Jan 11 – Mar. 15 --- 9:00am – 10:30am](#)

**YOGA KIDS & TWEEN! (Ages 3+): Little People Room at Jenkins Elementary.** A fun, vibrant approach to yoga through stories, song, games, and role play. This class will introduce children and tweens to an awareness of yoga breath, different yoga poses, and relaxation. Please bring a yoga mat or a towel, and water. Instructor Kelly Lee, CYT. 6 week sessions, FEE: \$60  
[Wednesday sessions: Jan. 11 – Feb. 15 --- GIRLS & BOYS Age 3-5, --- 10:45am –11:45am / BOYS Age 3-9, --- 4:00pm – 5:00pm / TWEEN GIRLS Age 8-12, --- 5:00pm – 6:00pm](#)

**U.K. PETITE SOCCER (Ages 2-5) (Formerly Little Kickers).** U.K. Petite, parent and me soccer programs offer young children the perfect introduction to the world's most popular sport! Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. With parent. Instructors: U.K. Elite Soccer Staff. 8 weeks (NO CLASS 2/18, 2/25). FEE: \$105. [Saturday sessions: Jan. 7 – March 11](#)  
[Ages 2-3 ---2:15pm - 3:00pm / Ages 4-5 --- 3:00pm - 3:45pm / Ages 2-3 --- 3:45pm-4:30pm / Ages 4-5 --- 4:30pm-5:15pm](#)



**SCITUATE LITTLE SHOOTERS (Gr. K-1):** Returning for its 2nd year! This is a fun instructional co-ed basketball program for boys and girls in Kindergarten-1st grade on Saturdays. Each child will be randomly assigned to a team. They will meet one hour per week. The first 30 minutes will be basic instructional drills followed by a 30 minute basketball game. Please note; your times on Saturday will vary week to week between 10:30am, 11:45am, & 1:00pm. The most important goal is for the kids to have fun while learning the great game of basketball. This program is run 100% by volunteers. Parent's participation in coaching is essential to the program. (No coaching experience necessary). Location: Gymnasium at Jenkins Elementary. *This program is for Scituate Residents Only.* Little Shooters is run by volunteers, if your child receives special education services (504, IEP & or DCAP) through Scituate Public Schools facilitated assistance can be coordinated through the generosity of the CORSE Foundation. **WED, JAN. 4 MANDATORY COACHES MEETING** – Team shirts, Coaches shirts, Rosters, Little Shooters curriculum are handed out. CORIS are completed. **YOU MUST ATTEND IF YOU'RE PLANNING ON COACHING.** (Thurs, JAN 5 snow date). [Saturdays: Jan. 7 – Mar 11 --- 9:15am-10:15am, 10:30am-11:30am, 11:45am-12:45am, & 1:00pm-2:00pm \(your teams game time will vary weekly according to assigned schedule\).](#) (NO MEETING 2/18, 2/25). FEE: \$40



## THE SHORT FUSE THEATER PROJECT – CABIN FEVER EDITION (Gr. 3-6): Gymnasium/Stage at Jenkins

The Short Fuse Theatre Project is BACK with the Cabin Fever Edition! In seven weeks we will tackle the stir craziness of the winter by storming our way to a showcase February 19th (the Sunday before the official start of February Vacation). The Short Fuse Theatre Project is a theatrical adventure focusing on the production and creation of four unique ten-minute short plays. These "shorts" will be fused together to create a theatre experience written and performed by the actors and actresses themselves. The theatre troupe will be broken up into teams. Each team will be led by a Short Fuse staff member who will guide their team to build a script, develop their characters, block their scenes and ultimately create their short. These shorts will fuse together in just seven weeks into a spectacular showcase. Short Fuse Program Directors will challenge the troupe as a whole to use a specific prop, character and line in their script/short. Where each team goes from there is anyone's guess, you will have to come to the show to see! This experience is entirely team-based... there are no leads; every member is a critical part of the team. Come experience theatre like you have never experienced it before! Learn how to write a script, portray a character, block a show, and collaborate with others... all while having a blast! Co-Directors: Erica McDermott and Kristin Swan. Instructor bios and more program information can be found on our registration page and Scituate Recreation website. 9 total meetings. FEE: \$220. [Sundays: Jan. 8 – Feb. 12 --- 2:00pm –5:00pm](#)  
[FUN RUN FRIDAY: Feb. 17 – 4:00pm-7:00pm \(run through of show\) / DRESS REHEARSAL SATURDAY: Feb. 18 --- 2:00pm – 5:00pm](#)  
[THE SHORT FUSE THEATRE PROJECT SHOWCASE SUNDAY: Feb. 19 \(Show starts at 4:00pm. Approx. 60-90 min\)](#)



**IPHONE PHOTOGRAPHY AS AN ART (AGES 7-12):** Scituate Recreation Office, 2<sup>nd</sup> Floor of Jenkins. Linda Pedersen, Artist in Residence in partnership with the Scituate Art Association, will provide students with the ability to enhance their iPhone photography skills and techniques with specialized instruction. Students (ages 7-12) will meet for 4 sessions; receive hands on professional training, a manual, and the opportunity to participate in a special showing at the Front Street Gallery on January 31. *Students must bring their iPhones.* Instructor: Linda Pedersen. **FEE: \$125.** Tuesdays: Jan. 3 – Jan. 24--- 4:30pm –6:30pm / Jan. 31 - Front Street Gallery showing.

**KNITTING WITHOUT NEEDLES: A ONE DAY PROJECT (Gr. 5-6): Little People Room at Jenkins Elementary.**

Come learn how to knit an infinity scarf using only your arms! Scarves will be made using a technique called arm-knitting. It uses a simpler method than regular knitting and is easy for beginners. Everyone will go home with their own completed infinity scarf, ready to wear as you leave! Please bring at least two skeins of your own thick yarn. Some suggestions are: Lion Brand Yarn: Hometown USA, Super Bulky or Bulky, (2) 64 yd. skeins, Lion Brand Yarn: Wool-Ease, Thick and Quick, (2) 106 yd. skeins, Lion Brand Yarn: Jiffy Thick and Quick, Super Bulky, (2) 84 yd. skeins, Red Heart: Grande, Super Bulky, (3) 46 yd. skeins, Bernat: Mega Bulky, (2) 64 yd. skeins. Instructor: Caitlin Fitzmaurice. **FEE: \$25.** Wednesday: Jan. 18 --- 3:00pm – 5:00pm

**FENCING: Cafeteria at Jenkins Elementary.** This instructional course will be offered to boys and girls age 8 and up. This course is for any person who wants to learn, practice, and improve all aspects of the sport. Footwork, blade work, and booting skills will be taught. Fencing equipment is provided. Please wear sneakers and long pants are advisable. Instructor: Jim Mullarkey. 10 weeks (NO CLASS 2/23). **FEE: \$120.** Thursdays: Jan. 12 – Mar. 23: Beginner --- 6:00pm – 7:00pm / Intermediate --- 7:00pm – 8:00pm

**GUITAR FOR KIDS: Little People Room at Jenkins Elementary.** An introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques for children age 6-12. Please bring your own guitar and pick. Currently the music teacher at St. Paul's School in Hingham, Matt Browne has for over 20 years been a favorite for guitar instruction in Scituate. 8 weeks (NO CLASS 2/21). **FEE: \$95.** Tuesdays: Jan. 17 – Mar. 14 --- 4:00pm – 5:00pm

**BEGINNER'S TUMBLING W/ MISS TRACEY: Cafeteria at Jenkins Elementary.** Children age 4-6 will learn the basics stretching, drills, mat tumbling, somersaults, back rolls, cartwheels and bridges. Props included are hula hoops, bean bags, and streamers! Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. 8 weeks (NO CLASS 2/18, 2/25). **FEE: \$90.** Saturdays: Jan. 14 – Mar. 18 --- 9:30am – 10:30am

**ON YOUR TOES W/ MISS TRACEY: Cafeteria at Jenkins Elementary.** Come and join Miss Tracey for this pre-school age beginner's dance program where participants will learn the basic movements while following along to music. Clothing suggestions: leotard tights, ballet slippers and tap shoes (No tap shoes for 2 year old). Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB, 8 weeks (NO CLASS 2/18, 2/25). **FEE: \$52/\$90.** Saturdays: Jan. 14 – Mar. 18: Age 2 --- 10:30am – 11:00am / Ages 3-5 --- 11:00am – 12:00pm



## **FEBRUARY BREAK CLASSES**

**HOME ALONE SAFETY FOR KIDS (Gr. 4-6): Little People Room at Jenkins Elementary.** This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic and interactive three-hour class is serious business made fun. Instructors: Denise Valentine Laiosa, R.D., C.S.N. & Bette Antonellis, L.P.N., CTTS-M of South Shore Safety. **Safety** (www.southshoresafety.com), **FEE: \$55.** Tuesday, Feb.21 --- 9:00am-12:00pm



**BABYSITTER SAFETY TRAINING COURSE (Gr. 5-8): Little People Room at Jenkins Elementary.** This three-hour course is designed to assist 5th-8th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, staying home alone safety & the overall responsibilities of babysitting. Registered Nurse, Melissa Thompson. **FEE: \$30.** Tuesday, Feb.21 --- 2:00pm – 5:00pm

**STAY TUNED FOR MORE OFFERINGS OVER FEBRUARY BREAK!**



**CALLS FROM THE NORTH POLE** What could be more special than phone a call from the jolly elf himself!

On Monday, December 12th, 2016 special long distance calls will be made between 6:00 p.m. to 6:30 p.m. from the North Pole directly to your child in Scituate. While there is no charge for this service, a special information sheet must be filled out and returned to the Recreation Department by Thursday, December 8th, 2016. The information sheets will be available at the Recreation Department beginning Monday, November 28<sup>th</sup>. Calls will be limited so, pick up your form early. These calls are most appropriate for children aged 3 to 8. Only one attempt to reach each child will be made.



## **PAN GAI NOON (Half Hard Half Soft) Kung Fu + Tai Chi at Jenkins Elementary Cafeteria**

The Pan Gai Noon School has been in Scituate for over 30 years! Under the direction of Sifu Cole Hawkins

**EXECUTIVE KUNG FU (Adults & Teens Age 14+)**. Classical Kung Fu and Karate that builds strength, stamina and energy. This class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Uechi Ryu Karate and Box Si Lum and Praying Mantis Kung Fu are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome! 10 weeks (NO CLASS 2/22). **FEE: \$117.** Wednesdays: Jan. 11 – Mar. 22---6:00pm– 7:30pm

**TAI CHI-INTERNAL ARTS (Adults)**. This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called Chi Kung (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit. 10 weeks (NO CLASS 2/21). **FEE: \$155**  
Tuesdays: Jan. 10 – Mar. 21 --- 6:00pm – 7:30pm

**CHILDREN'S KUNG FU I (Age 6-9)**. For the beginning student, this is a fun, structured introduction to the formal training of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. 10 weeks (NO CLASS 1/16, 2/20). **FEE: \$90.** Mondays: Jan. 9 – Mar. 27 --- 4:50pm – 5:50pm

**CHILDREN'S KUNG FU II (Age 6-9)**. Boys and girls will learn how to defend themselves and build their confidence with respect to others. Whether you're a new student or taking a repeat class they will have fun with our Kung Fu/Karate practices and fun games! 10 weeks (NO CLASS 2/21). **FEE: \$90.** Tuesdays: Jan. 10 – Mar. 21 --- 4:50pm – 5:50pm

**JUNIOR'S KUNG FU (Age 10-13)**. Mixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. 10 weeks (NO CLASS 2/22). **FEE: \$90.**  
Wednesdays: Jan. 11 – Mar. 22 --- 4:50pm – 5:50pm

## **CORSE PROGRAMS**

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated.

This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations.

**ALL-STAR\$ JIU JITSU (Gr. 1-8): Gymnasium at Jenkins Elementary.** Our popular program is now expanding into Jiu Jitsu is a more encompassing martial arts program than karate. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. There will also be incorporation of the nationally renowned Gracie Academy Jiu Jitsu Bullyproof curriculum in which the instructor is certified. Students who would enjoy a less formal martial arts curriculum are encouraged to attend. Program is open to children in grades 1-8. Please note, due to the popularity of this program; we are now running 2 sessions. The second session is contingent on enrollment. If we do not have at least 6 participants, we will consolidate into the first session. Instructor: Dan Reynolds. 8 weeks. (NO CLASS 2/24). **FEE: \$80/code.** Fridays: Jan. 27 – Mar. 24:  
General Session--- 5:30pm – 6:30 pm / Advanced Session --- 6:30pm – 7:30pm

**ALL-STAR\$ BASKETBALL (Gr. 1-8): Gymnasium at Jenkins Elementary.** Participants will be taught the fundamentals of basketball through basic drills. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. A non-competitive, well-organized game will be played every week. Program is open to children grades 1-8. 6 weeks. Grades K-1 can take advantage of the Scituate Recreation's Little Shooters program for Scituate residents. Since Little Shooters is run by volunteers, if your child receives special education services (504, IEP or DCAP) through SPS, facilitated assistance can be coordinated through the generosity of the CORSE Foundation. Deadline for accommodation is 2 weeks before start date. **FEE: \$60.** Saturdays: Jan. 7 – Feb. 11 --- 8:00am – 9:00am

**LITTLE SHOOTERS (Gr. K-1): Gymnasium at Jenkins Elementary.** DESCRIPTION ON PREVIOUS PAGE. 8 weeks. Little Shooters is run by volunteers, if your child receives special education services (504, IEP, DCAP) through Scituate Public Schools facilitated assistance can be coordinated through the generosity of the CORSE Foundation. Please register using the #2095 code. Deadline for accommodation is Thursday, December 22, 2016. Scituate Residents only. (NO CLASS 2/18, 2/25). **FEE: \$40.** Saturdays: Jan. 7 – Mar 11 --- 9:15am-10:15am, 10:30am-11:30am, 11:45am-12:45am, & 1:00pm-2:00pm (your team's game time will vary weekly according to assigned schedule

## **ADULT PROGRAMS**

**SCITUATE REC SPIN UNLIMITED: Fitness Room at Gates Middle School** (Under the gym, enter by tennis courts)

**NEW FEE STRUCTURE!!! UNLIMITED SPIN CLASSES FOR \$105-THE ENTIRE WINTER SESSION;**  
Whether you want to spin once a week, twice, or SEVEN times a week. This session starts Tuesday, January 3<sup>rd</sup> and ends Friday, March 31<sup>st</sup> \*NO REFUNDS WILL BE PROCESSED AFTER JAN 3 start date.

**Register under our Spin Program title "Scituate Rec Spin Unlimited"**



Monday: Jan. 9 – Mar. 27 --- 5:30pm - 6:15pm, Sarah [Beginner Class](#)

Monday: Jan. 9 – Mar. 27 --- 6:30pm - 7:30pm, Sarah

Tuesdays: Jan. 3 – Mar. 28---5:45am – 6:45am, Maggie

Wednesdays: Jan. 4 – Mar. 29 --8:45am-9:45am, Maggie

Wednesday: Jan. 4 – Mar. 29 --- 6:30pm - 7:30pm, Sarah

Fridays: Jan. 6 – Mar. 31, 9:00 am to 9:45 am, Maggie

Saturday: Jan. 7 – Mar. 25---8:30am–9:30am, Alternates

(NO CLASS -- Jan. 16, Feb. 20-24)

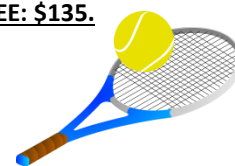


Get in shape the FAST and AFFORDABLE way! Our spinning program offers the best, certified instructors on state of the art Schwinn cycles accompanied by motivating music. Spinning is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town! (We DO meet holidays and vacation week)

**Instructors: Maggie Cadigan, Sarah Lannon**

**KNITTING 101 for ADULTS: Recreation Office 2<sup>nd</sup> Floor at Jenkins.** Would you like to learn how to knit? Many techniques will be taught including how to cast on, knit & purl, stockinette stitch, garter stitch, and more! NO experience is necessary. Please provide your own equipment and supplies. You will need a pair of size 8 needles, 14 inches long and a skein of worsted weight yarn (approximately 7oz. solid color of your choice). This class is taught for Beginners-slowly, with patience and guidance throughout. All supplies may be purchased at Jo Ann Fabrics, Michaels, Ocean State Job Lot, and other local stores. Children 10 and up are welcome but MUST be accompanied by parent/guardian. Instructor: Lisa Howell. 8 weeks (NO CLASS 2/21). **FEE: \$55.** [Tuesdays: Jan. 31 – Mar. 28 --- 6:30pm – 8:00pm](#)

**ADULT TENNIS: Scituate Racquet and Fitness Club.** During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play. 10 weeks (NO CLASS 2/24). **FEE: \$135.** [Fridays: Jan. 13 – Mar. 24 --- 12:00pm – 1:00pm](#)



**PAN GAI NOON: ADULT KUNG FU (KARATE) AND TAI CHI PROGRAMS**

Please see Pan Gai Noon section above for class descriptions and times.

**TABATA TUESDAY: Gates Fitness Room.** Tabata is a high intensity interval training (HIIT) that consists of 20 seconds of a very high intensity exercise, followed by 10 seconds of rest. It repeats 6-8 times. Bring your own mat, water and jump rope. Instructor: Patty Thompson. 10 weeks (NO CLASS 2/21). **FEE: \$55.** [Tuesdays: Jan. 3 – Mar. 14 --- 10:00am - 10:45am](#)

**TOTAL BODY FITNESS (Thursdays): Gates Fitness Room.** These workouts will consist of tabata workouts, interval training, running, circuits, and more--all that will improve your strength & cardio endurance! We will work hard, and have fun doing it. These workouts will challenge all fitness levels! Bring your own mat for core work, water and jump rope! Instructor: Patty Thompson. 10 weeks (NO CLASS 2/23). **FEE: \$55.** [Thursdays: Jan. 5 – Mar. 16 --- 11:00am - 11:45am](#)

**RESTORE THE CORE: St. Luke's.** This progressive, Pilates-style mat class focuses on proper breathing technique and form and function of your core muscles, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment. This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water to class. Instructor: Denyce Holley, AFAA Certified. 10 weeks (NO CLASS 2/20, 2/21, 2/24). **FEE: \$65/code.**

[Mondays: Jan. 9 – Mar. 20 --- 7:00pm – 8:00pm / Tuesdays: Jan. 10 – Mar. 21 --- 9:30am – 10:30am /](#)  
[Fridays: Jan. 13 – Mar. 24 --- 8:45am – 9:45am](#)

**ADULT YOGA: St. Luke's.** Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. Bring your yoga mat. Instructor: Gita Brown, MM, MT-BC, see [www.gitabrown.com](http://www.gitabrown.com) for more information about your teacher. 10 weeks (NO CLASS 2/23). **FEE: \$90**

[Thursdays: Jan. 12 – Mar. 23 --- 9:00am – 10:00am](#)

**ZUMBA: Gymnasium at Wampatuck Elementary.** Zumba fuses Latin rhythms and today's hits with easy to follow moves to create a fun workout! Instructor: Sandy Guyette. 10 weeks (NO CLASS 1/16, 2/20). FEE: \$68.

Mondays: Jan. 9 – Mar. 27 --- 6:30pm – 7:30pm



**EXERCISE BALL WORKOUT w/ WEIGHTS: St. Luke's (Thursdays) / Gates Fitness Room (Sundays).** Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball.

Hand weights will also be used to enhance your workout. Instructor: Sarah Lannon. 10 weeks. (NO CLASS 2/19, 2/23). FEE: \$65/code

Thursdays: Jan. 12 – Mar. 23--- 8:00am – 9:00 am / Sundays Jan. 15 – March 26 --- 8:00am – 9:00am

**ADULT MEDITATION: St. Luke's.** Meditation is a way of finding a place of balance within that strengthens the mind and relaxes the body. Meditation restores our energy, helps us look at life more positively and reach the level of inner peace we all strive for. Each week will start with 5-10 minutes of relaxation and then ease into different guided meditations. Isn't it time to take an evening to focus on yourself? Your body, mind and soul will thank you (Participants may bring a blanket and pillow if they wish). Instructor: Mary Pillsbury. Two 5 week sessions.

FEE: \$50/session. Wednesdays: Jan. 18 – Feb. 15 --- 6:30pm – 7:30pm / Wednesdays: Mar. 1 – Mar. 29 --- 6:30pm – 7:30pm

**MEN'S OVER 35 BASKETBALL: Gymnasium at Gates Middle School.** This program follows the school calendar and does not run during vacations, holidays, or on snow days. Please register at Gates Gym when you arrive. Checks payable to "Friends of Scituate Recreation"

FEE for the year: \$100. Tuesdays + Thursdays: Dec.6 – Mar.9 --- 7:30pm-9:00pm / Mar.14 – May 18 --- 7:00pm-9:00pm

**AMERICAN HEART ASSOCIATION BLS PROVIDER CPR/AED: Scituate Fire Station, 149 First Parish Rd.** Basic Life

Support training reinforces healthcare professionals' understanding of the importance of early CPR and defibrillation, basic steps of performing CPR, relieving choking, and using an AED; and the role of each link in the Chain of Survival. This is a two year certification. Min. 6 / Max. 12.

FEE: \$70. Thursday, March 9 --- 7:00pm

**AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED: Scituate Fire Station, 149 First Parish Rd.**

Designed for the responder who requires a credential card and documenting successful CPR course completion; covers adult, child, infant CPR. This is a two-year certification. Min. 6 / Max. 12. FEE: \$70. Thursday, Jan. 12 --- 7:00pm



**FIRST AID: Scituate Fire Station, 149 First Parish Rd.** Receive a 2-year certification from the American Heart Association.

Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. FEE: \$70. Thursday Feb. 9 --- 7:00pm

**WINTER REGISTRATION OPENS ON Tuesday November 29- 12:00pm.**

**Register online, over the phone, or in the Rec office. Questions?**

**Please dial 781-545-8738. Thanks & ENJOY!**



**DON'T MISS OUT!!!**

**Summer Employment Opportunities**

We will be accepting summer employment applications from  
Thursday January 5, 2017 through Thursday March 9, 2017

Counselors, Directors, Instructors & Lifeguards Applications are available  
in the office and online at <http://www.scituatema.gov/>

(Lifeguard requirements: Lifeguard/Waterfront Certification, & must be 16 years old)



**Community Service Opportunities**

Are you entering into High School next year and looking to get a jump on your required community service hours? If so, stop by the Recreation Department and pick up a community service application. The Recreation Department has many great opportunities for you to give back to our community. An informational session will be held on Community Service opportunities with the Rec Dept. Interviews will be held the first week of May.

**PLAN AHEAD:** Due to the high volume of late applicants, applications

Deadline will be Thursday, March 24, 2017

## **TOWN OF SCITUATE RECREATION DEPARTMENT 'Like Us on Facebook'**

**The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate. The Recreation Department is responsible for Lifeguard Service for the five beaches in the Town of Scituate:**

- ❖ Minot Beach
- ❖ Peggotty Beach
- ❖ Egypt Beach
- ❖ Sandhills Beach
- ❖ Humarock Beach

### **And Field Permitting for:**

- ❖ The Sixteen Athletic Fields
- ❖ Tennis Courts
- ❖ PJ Steverman In-Line Skating Rink + SkatePark
- ❖ Morrill Memorial Bandstand on Cole Parkway
- ❖ Basketball Courts at Kazlousky Park



## **PROGRAM WAIVERS FOR MAIL-IN REGISTRATIONS ONLY- PLEASE CUT OUT + SEND IN WITH CHECK**

### **RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT (IF OVER 18 MUST FILL OUT)**

I, \_\_\_\_\_, in consideration of my being allowed participate in \_\_\_\_\_, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

### **PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT (IF UNDER 18 PARENT MUST FILL OUT)**

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of \_\_\_\_\_ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and/or Public Schools of Scituate (hereinafter "the Town"). I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of \_\_\_\_\_, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority. I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of \_\_\_\_\_ voluntary athletic or recreation programs or administration of first aid. I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

**I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites.** If there is a need to avoid photos of your child, you must contact [nlobardo@scituatema.gov](mailto:nlobardo@scituatema.gov) and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Date: \_\_\_\_\_

Signature of Parent(s) or Guardian(s): \_\_\_\_\_ Student/Participant Name (Printed): \_\_\_\_\_